Sunday Sermon

A Scholarly Discourse By Rev. I. W. Henderson.

Brooklyn, N. Y., Dec. 19.—Rev. Irving Spaan Presbyterian Church on the theme, "The Christ Life," the Rev. I. W. Henderson, pastor, took as his text Philippians 1:21: "For me to live is Christ, and to die is gain." In the course of his sermon:

It is my desire to convey to your minds and to press lastingly upon your hearts a truth which, if so beautiful, truths relative to the Christ life. Persuaded of the similarity of our cares, trials, difficulties, problems, to say you, and recognizing the common needs of all men, I would tell you about this text.

Herein, the old Roman poet, sings the praises of him to whom it is sweet and honorable to die for his country. I bring to you from the Book of Books no note of death, but a realm of life. For me to live is Christ," and to pass beyond the veil is but "to depart and be with Jesus Christ." Thus says Paul. For him and for us there is no death. To live the Christ life here is to dwell within the realm of life eternal. For me to live is Christ"—a plan of self-dedication as well as a definite entrance into the essential there. "For apart from Me you can do nothing," Jesus said to His disciples.

St. Paul the busy strenuous of Christian life is the same as the Christ life in these words to the church at Philippi. His statement is one of comprehension and substance of the complete relationship of the soul to God. Its measure is should be, as it is our duty, as men and women in the service of God. It is not that new, bewildering noun we may view in as the Christ Life.

The text presents to our minds a threefold view of life, and briefly speaking we may say that men have four relations in their lives. Relation primarily to the home and to themselves. To relation which are based upon duty. This duty could be indefinitely remarked. But it may suffice to suggest subdivisions rather than fundamentals. Indeed, I am confident that the moral duty to the home is easily be included under the head of social relations. But for the purposes of the moment we will resolve the ethics of the Christ life into the aforementioned divisions.

The first, the greater, the noblest. Imperative in the life of the man who desires to conform to the pattern of the true Christ life, who wishes to make the words of Paul his motto for right living, to love God to serve and obey our Heavenly Father. I may not presume to say that any man is bound up in this declaration. For, Christianity, considered from the to department of life into which the forces of the gospel does not enter. Loyalty to God is the basis of all purest living and highest thinking. To be true to the Father is to be loyal to sanity and strong for life. We may not be true to God and not true to the social, civil and domestic conditions, and which is the very basis of life confronts us.

The spirit of the Lord's and that believes that the spirit is paramount. To be a traitor to the world and a believer toward the Maker. We may not praise God with our lips and disobey Him in our lives. Our words, our honors, honored though they be, will count naught for us in the kingdom of grace. The test of fealty is in action. We must prove our faith in deeds that are worthy, but they are not service. Prayer and praise are but the strength-ening ins. Praise, no doubt, makes joy more joyful, but it is surprised the chrone. But it is the service which does things, the life prayer which relates itself into action; the praise that is fearful upon the heartstrings of a task, though His grace, well done, which makes most for righteousness and for—not in the heart of our King.

The Christ was true to God and to men and to self. He "pleased not Himself." His Father's universe was His home and His care. His home, as the neighbors, to His country, to all causes, the Savior was faithful. He had an eye study toward holy and hallowing service. Nothing was cold and He lived a life of love.

And so, to be like Christ we must live like Christ. His home must be our home. His pleasures must be our pleasures. His neighbors in life must be the force which, in our lives, make room for goodness and confidence. And gentleness is but recognized as manliness.

As the Christ was, so must the Christian be, truly spiritual, noble and his guard must be the Comforter who cometh from above. Morality, deep down in his heart, will be the power and the mainspring in his life.

Christianity is pure politics, clean business principles, unselfish aims and noble purpose, all rolled into one. And this coincidence means a live ballot; and, conversely, a dirty ballot means a smeared soul. Upright business methods earn their own reward; perhaps not in undeclared dividends and wordy dividend or diverted profits, but in happiness of heart. Honest in fact and toward holiness. Nobility and sincerity are public powers. And itself faces the civic and the business worlds are recognizing more and more that Christ is a real and sacred the Christian man, who stands forth again to the world upon the Christ Jesus, is to have the call. Unscrupulous politician may scarce those who define character in the terms of projected stock, and who prefer gold to goodness, may continue to imitate Judas Iscariot in his sin may seem still to have the Stranglehold upon the world. Christians may stumble, yes fall, upon the King's highway, be derelict to duty and to faith, may imitate Peter and warned Pauls and deny the Christ, but "no condition can change the moral and of social righteousness are bonding to us.

But while many of us are, through the grace of God, enabled to approximate righteousness in our wider social relations, there are but few of us who are Christians in the home life. I have sinned must be our plea; for pardon must be our prayer. A renewed life must be our resolution, that Christ may be our portion.

The gross sins of the believing Christian are, largely, not those of immense or awful delinquency. Most of us managed to keep out of prison. Few of us have to stand for "capital" open charges of overt crime. Most of us, by the mercy of God, are guiltless of the sins which shock the pagans. The defiling sins of the Christian life in home life are what we are ready to term the weaknesses of life. For you and for me, petty faults are oftentimes the greatest sins. With us the proneness to slip the unkind word; think the unworthy thought; to do the hard act or to speak the stern word in the place of the right; to anger or to let passion rule; these are the most destructive and defiling sins. And a mother who would give up life itself for the child "so nestled at her knee," many a father who is not only would lay down his life for his family or for the loved ones of his home and hearth; many a man and woman who knows the love of those about them is lost and lost to most dear to them because of unchristian uncharitableness in the home.

"For me to live is Christ," our saviour. But do you live the life—the thoughtless of the rights of others? Are you self-centered rather than world loving? Are you heedless of the needs of others? Those are minor things in life; these are the trifles. But to the soul that is growing in toward God, and out toward men, and that is spreading roots through the earthly, they spell either full or scarcity. As has been said, character is made up of trifles and success is no trifle.

Selfishness, bluntness, inconsiderateness, all these are the sins which poison the soul. They build out hearts at the feet of Christ, they are the sins which close the doors of the heart against the Savior. They are the sins which make impossible the indwelling of Christ, they are to the entrance into for eternal there. "For apart from Me you can do nothing," Jesus said to His disciples.

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FOR THE FARMER AND STOCKMAN

Demand Registry Certificate.

When a person buys an animal that is claimed to be registered, the purchaser should demand the certificate of registry and have the transfer of ownership made with pen and ink on the back of the certificate. This transfer should give the name of the purchaser and date of the transaction, and should be signed by the seller.

Tail Docking Still Essential.

It is difficult to convince an old horse breeder, who has been accustomed in early life to raise sheep, that acquired characteristics are transmitted. At what date the practice of docking tails of lambs was adopted is unknown. It was a great many years ago, yet the tails have been docked for generations, do not seem to have diminished any in length. The docking process is just as essential now as when it was first practiced.—Boston Cultivator.

Feeding Plants.

Farmers can learn how to feed their plants as well as their animals and have everything to gain by experimenting to find more knowledge in that direction. Plants require food and drink, and they have their preferences as to the kinds desired. If improper foods are supplied the plants they cannot thrive, and what is the soil for something which the farmer has not supplied. When the food is suitable the plants make rapid growth and thrive, but when they are sickly there is something wrong with the food.

To set plant food free promotes nitrification, supplies air to the soil and roots, makes all the soil available by fining it, breaks up the hard pan, makes a reservoir for water, warms and dries the soil, saves the rain by taking it into the soil, prevents evaporation or conserves moisture and makes the moisture and fertility of the soil available.

Scabby Legs.

The rough, unsightly scales sometimes seen on the legs of fowls, causing them to swell and become disfigured, are due to a mite—a small insect closely resembling that which produces scab in sheep. About one eight hundredth of an inch in length, it burrows in the skin under the scales, the consequence of its irritation being that prurient matter is formed, on which it subsists. In some cases the disease has become of serious stages the diseased limbs be shelled corn heated in the oven and come covered with rough, lumpy given to the birds as warms as they crust, which may be removed with can eat without burning the mouth. soap and warm water furious bleed- It is surprising what a lot of ing, but the mite soon returns and heat this corn will stand in a short generally hollow and contain a time and comfortable they will be spongy mass, in the lower portions through the night.—Indianapolis of which the pests are to be found News.

in all stages of growth and development. Let the disease alone, it gradually spreads, and in a few weeks makes very slow progress, and birds having it may linger along for a year or more. Generally, however, it results in such violent inflammation and corrosion, as it were, that the toes are afflicted parts drop off. While it is as contagious as, and in many respects similar to, that of sheep, spreading from one bird to another, by the mites, its prevention and cure, fortunately, are simple and effective. One of the best things to do for it is to wash the legs of the diseased birds in a warm solution of soft soap, and when dry apply with a feather some kerosene oil, carefully working into the crevices between the scales. At the same time the roosts should be coated with a mixture of grease, containing enough kerosene to make it of a thin paint; with a stiff paint brush it should be worked into the cracks and crevices until they are filled, losing sheer the entire crevices themselves during the day. As it is an easy matter for the mites to live in cracks and crevices which receive proper attention; the old straw, too, should be taken out and burned and new put in its place. Fowls enjoying plenty of room in their runs are less liable to be bothered with scaly legs than when kept in confined spaces.—Prof. O. Sibley, in The Epitomist.

Roots For Stock.

A writer in the Rural New Yorker mentions the excellence of beets, particularly the sugar variety, for all kinds of stock, including, also, poultry. He recommends Golden Tankard as the best of the mangel wurtzel, and Lane's Imperial Sugar as probably most satisfactory of the sugars. He would plant none of each, but most of the former. The objection to this crop, this writer says, is the labor of cutting the roots to get them free from weeds the early part of the season. Some hand weeding will be necessary. Unless the soil is at hand at the critical time beets will be a disappointment and a failure. Any land that will grow good corn will grow beets, but a friable soil is best. It should be very rich. If a heavy dressing of stable manure has been applied the year before it will be better. Plant in drills twenty to thirty inches apart, using from twelve to twenty seeds to the foot, in Virginia this seed can be put in now. Be sure the land is put in the best of condition. As soon as the young plants have started to the rows are visible cultivation should commence. I have sowed plants over the rows before the seed came up, so I could see where not to cultivate and thus raised time. They should receive constant attention so as to keep the soil loose and free from weeds. When about two or three inches high they should be thinned so as to stand about six inches apart. This can be done with a narrow bladed hoe. Cultivation should be discontinued after the roots have begun to form. Often late cultivation starts a new root growth when they should be maturing and developing sugar.

The cooler they can be kept the better. As a matter of fact it does not seriously injure them to freeze if they are fed immediately after thawing. Of course they soon will rot after the frost is out of them. The cellar referred to would be all right, except it is a poor plan to store roots in the cellar of a house, as there is an odor arising from them that is neither pleasant nor healthful. An excellent plan is to put them in cone-shaped piles of about forty bushels each, not to exceed five feet at the base. Cover these with about six inches of straight straw, if it is to be had, twisting a flue or chimney over two or three feet at the top of the heap for the air to pass out. Then cover with four or six inches of earth. These can be taken out at any time on a mild day, or if left till late in the season will keep much firmer than if in a cellar. I have kept them in perfect condition here when the mercury goes to twenty degrees below zero. The heaps should be on dry ground where no water stands.

Air in Poultry Houses.

Ventilation is one of the most important things to be considered in the poultry house during the winter. The excessive poultryman, especially if in a cold climate, is much given to thinking his fowls will freeze unless the air is so that not a bit of air enters the house. Except in the very coldest weather no one need not fear getting too much air into the house by any reasonable method of ventilation. If the house is so constructed that the air must come in through doors or windows, it is a simple matter to prevent the fowls while on the roosts that they will not catch cold.

During the day when they are moving about they are not likely to become chilled unless a cooled draft of air flows over them for some time; it is at night when the trouble is likely to result, and a few curtains or burlap or old carpet so hung that they may be drawn down to keep the fowls and come a foot or two above their heads will be all the protection needed, especially if the fowls have on a warm supper to go to bed on. In this respect do not forget the hint given some time ago that the soft-shelled corn heated in the oven and

Farm and Garden Notes.

Keep an egg record.

Sort out the drones.

Profit by others' failures.

You cannot keep the place too clean.

A little kerosene will brighten a rusty plow.

It is the solids in a cow's milk that determine her value.

A good time for grape trees is just after they have leaved out.

In breeding be careful not to drop filthy points to get standard.

Do not use a thermometer, permit you to run the incubator in the house?

Cockle is said to be poisonous. Too much of it is apt to kill the fowls.

The value of the manure depends more upon the feed than upon the animal.

Plant early garden track only in ground in first calex condition and well fertilized.

Do not attempt to cover a big field with a little pile of manure. Reverse the proceedings.

Hogs should always have plenty of good, pure water to drink. They should never be allowed to drink from mud puddles or from tanks in which is standing dirty water. With the automatic drinking fountain now to be had cheaply, this can easily be done.

Unless a stick horn is far more valuable than an ordinary fowl, a very sick hen will not be worth doctoring. The same per head is taken of the better. Prompt action of this kind may prevent the spread of disease among the flock and avoid a heavy loss to the owner of the fowls.

It is a mistake not to trim and shape the trees when young, and thus avoid the necessity of removing large branches when the trees are grown. Every branch removed causes and injury; and it is equally wrong to let too much fruit mature on young trees, or on any trees, for that matter.

The farmer who confines himself to two or three staple crops and who has not ventured beyond them, does not know the full capacity of his farm. He should try some special crops on a small area and endeavor to have a greater variety of articles to sell. The causes of failure in some crops do not influence other kinds.

If you want fat colts, calves, lambs and pigs, sow clover. No kind of feed causes greater growth than clover, either in pasture and hay. If both the pasture and meadow lands of our stock farmers are in clover it is no mistake. Aside from supplying the best food for stock, it keeps up the fertility of the soil and enables the farmer to raise good crops.

GOOD ROADS

Tar Improves Macadam.

Experiments in tar and oil for road improvement at Jackson, Miss., are described in a bulletin issued by the United States Department of Agriculture.

During the spring and summer of 1905, says the Bulletin, the Office of Public Roads cooperated with Sam C. Lancaster, city engineer of Jackson, Tenn., and chief engineer of the Madison County Good Roads Commission, in making a series of experiments to determine the value of coal tar for the improvement of macadam streets and roads. Tests were also made of the utility of crude Texas oil and several grades of its residues when applied to earth and macadam roads.

The macadam streets in the business center of Jackson were built originally of the hard siliceous rock known as novaculite. About May 1, 1905, after fifteen years of wear, a pair of these streets became necessary. The old surface was first swept clean with a house sweeper so as to expose the solid pavement beneath. This was done because tar will not penetrate a rock surface which is covered with dust and loose material. Next the surface was loosened by means of spikes placed in the wheels of a ten-ton steam roller, the street reshaped, and new material added where needed. The road was then swept clean and dried and finished to form a hard, compact, even surface, and allowed to dry thoroughly before the tar or oil was applied, for these substances can not penetrate a moist surface. Tests of the following results are obtained when the work is done in hot, dry weather, and accordingly the work was first applied in August. It may be well to add that the novaculite used in the construction of the streets is an almost non-absorbent rock.

The tar used was a by-product from the manufacture of coke and was practically free from moisture. It was brought to a ten-ton steamer which generally reached 210 degrees Fahrenheit, but when placed on the road is was reduced by the temperature of from 160 degrees to 190 degrees Fahrenheit. The hottest tar produced the best results. It was spread with hose.

Laborers with street cleaners' brooms of bamboo fibre, followed the tank and swept the surplus tar ahead. They worked in a line and as quickly as possible, and in a very short time enough to cover the surface. One application was found sufficient to the task, and barricades placed to keep off the traffic until the tar had had time to soak into the surface. The time allowed for this process being four hours for tests to several days. From the results obtained it can be stated that, under the conditions of the experiment, the best results were obtained when the tar was applied in the cooler part of the day, when the surface was dry, and with the tar heated between the boiling point and applied as described above, the road will absorb practically all the tar that is put on it.

A light coat of clean sand, screenings or the clean particles swept from the surface of the street may then be spread as evenly as possible and rolled in with a steam roller.

After more than seven months, including the winter season of 1905-6, the tarred streets and roads are still in excellent condition. They are hard, smooth and resemble asphalt, except that they show a more gritty surface. The tar forms a part of the surface proper, and is in perfect bond with the macadam. Sections cut from the streets show that tar has penetrated from one to two inches, and the fine black lines seen in the intersection between the individual stones show that the mechanical bond has been reinforced by a cementation of the tar. The tar is a matrix into which the stones of the surface are set, much as concrete or concrete. A second coating applied a year after the first would probably so unite the surface with the interstices of the rock would then be filled with tar.

A tarred street is as dustless in the same sense that an asphalt street is dustless, though a little sand will blow off, as in the case of asphalt. It can be swept or washed clean. These streets have already been swept regularly and the city government is in favor of treating all of the streets in the city with tar. The planning that would soon ruin an ordinary macadam road does not injure the tarred surface, as the stones are not torn up or disturbed. The tar itself has antiseptic properties, and its use would be beneficial both as a germicide and as a means of securing cleanliness.

Good Roads.

Many things work together for good roads. The bicycle craze, while it lasted, contributed much to improvement, the automobile is doing the same and the general interest in pastimes travel for pleasure has its part. But, after all, the improvement depends upon farmers who is not moved by automobile influence. He is affected by more practical interests, and when he becomes aware that his business prosperity depends on having better roads he proceeds to build them, as the people of Crawford County are doing in order to afford easier access to their new creamery. Good roads and prosperity go together.—Indianapolis Star.

English in the Lead.

Owing to the rapid growth of the United States, the English language is now spoken by more persons than use any other civilized tongue. Today 120,000,000 people speak English; 100,000,000 speak Russian (for not all the people of the empire talk the national tongue), 75,000,000 use German, 70,000,000 employ Spanish, including the inhabitants of the Latin-American countries, and 40,000,000 speak French.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON COMMENTS FOR AUGUST 19.

Subject: The Judge, the Pharisee and the Publican. Luke xviii., 1-14—Golden Text, Luke xviii., 13—Topic: Effective Prayer.

1. The judge and the widow (vs. 1-3). Jesus spoke a parable in response to a question of the Pharisees as to when the kingdom of God should come. Jesus gave them warnings and instructions as to the coming, and especially as to the need of being always prepared (17:20-37), and naturally turns to the subject of prayer as a means of preparation. "Men ought." It is their "duty" to do this. "Always to pray." The habit of prayer in private, in the family and in public should be cultivated. "Not to faint." Not to grow weary and discouraged because of the delay in the answer. Why must prayer be important? 1. Not because of God's unwillingness to answer. 2. To cherish and cultivate right. 3. To intensify our desire to receive. Prayer that is not persevering indicates a lack of faith.

"A Judge." According to Deut. 16:18, Israel must have in all the gates of the city judges, who were under obligation to administer justice, without respect of persons. See Exod. 22:7-9; Lev. 19:15. "Feared not God —man." He was unprincipled and about as low as possible. "A." A full bee—inside of time.

"Widow." Under the most influence and unable to bribe, had little to hope for. "Yet she continued coming." The original means "to vindicate one's cause." The case of the widow were interfered with and she had to go to the judge for protection. The widow is often taken as a representation of the church after Christ's coming.

4, 5. "For a while." These were the things she was not willing to do the judge referred to. 6. "The Lord." 7. "Will not God avenge." 8. "Shall he find faith?" We are not to suppose that the character of God is like that of the unjust judge. The great truth which our Saviour designed to teach is that God is not a sinner, and will not fail to faint. The application of the parable may be made as follows:

1. God is not compared to the unjust judge, but contrasted with him. If a hard-hearted, wicked judge, who cared for neither God nor man, but only for himself and his own interests, would yet grant justice on account of the importunity of the widow, how infinitely more readily will God give us what we need. 2. And if the unjust judge does this for the sake of peace, how much more will God answer so to grant the prayers of His own Father grant the prayers of His own children. 3. If the unjust judge will do it for the sake of deliverance from annoyance, how much more will he do it for the sake of deliverance from sin. 4. The unjust judge will do it for the sake of deliverance from annoyance, how much more will God save His children from their adversaries.

3. "Speedily." Suddenly, unexpectedly. "Son of man coming?" Whedon thinks this entire parable has reference to the second coming of Christ. The persecuted church is a widow in Christ's absence: she has no supernatural help in the midst of persecuting world, or the devil. "Faith." That is, faithfulness—not taken to denote the whole of true religion.

11. The Pharisee's prayer (vs. 9-12). 9. "Trusted in themselves." Jesus now exposes the hypocritical reason why many prayers are not answered. The Pharisees trusted in God, or the Messiah for righteousness, but in themselves. They evidently supposed they had themselves complied with the demands of the law of God. "Despised others." Disdained, treated them with contempt.

10. "Two men." Jesus chose two extreme cases are here chosen—a pharisee, the haughty, self-righteous of the religious society of Israel; and a Jewish officer of the hated Roman government.

11. "Pharisee stood." The Jews usually stood when they pray standing. The Pharisee went to the temple to pray, because it was a public place, and therefore he would have many to see his things. "Thank God." His prayer is a thanking, his thanking is a boasting, not of God but of himself. He did not boldly contrasts himself with all men considering himself best of all men. "Extortioners." Selfish, greedy men who take all they can get. "Adulterers." Sensual lovers. "Unjust." Those who are unfair and dishonest in their dealings. 12. "I fast." etc. The law required but one fast day in the year, that of the day of atonement (Lev. 16:29). "Tithes." A tenth. "Of all that I possess." Not of all that I gain. Compare See Revised Version. He was clothed with pharisaic fasts and tithes, and with humility. He felt no need of confessing sin.

13. The publican's prayer (vs. 13, 14). 13. "Publican." One employed as collector of the Roman revenue. It was the basest of all livelihoods. "Afar off." In contrast with the Pharisee. "Smote upon his breast." Sign of shame and sorrow caused him to look down. "Be merciful." The word to pray with uplifted hands, and with look directed toward heaven. Title 2:3; Psa. 123:1, 2). "Smote—breast." A token of anguish and self-reproach. I am a sinner and can not be saved but in Thy way.

14. "Justified." His sins were blotted out, and he was accepted. "That exalteth himself." Boasts of his own goodness. "Abased." Shall be brought to shame. "That humbleth himself." By confessing his sin and unworthiness, and pleading for mercy from God. Lifted up from the depths of sin, and made to stand before God. Forgiven he is admitted into the realm of praise.

EPWORTH LEAGUE

SUNDAY, AUGUST

The Sunday School Union

Sunday School Interna-

21, 12.

Our church has no less Sunday schools under its care than eighteen, besides a Home Department with a membership of 150,629. This is a notable addition to the list of schools, and also about $7,000 per year to the general benevolent and missionary funds. In the Epworth Herald for August 4 and distributes Good Literature among the people of the South. For the year 1905 there were sold by the Union 1,000,000 copies, by average of 23,076 per week; schools; parties in the Union. Of the Sunday School Union for the year 1905 there were collections from churches, this being the Conference Collection. The Conference made it a special object for the Union. The Sunday school which has been organized in less than one dollar of collection per member. The receipts from the Sunday School Union were $29,918.68, and the Sunday schools gave $1,092.61, nearly $22 more than given anything. The schools where organized or which have increased in membership, and, best of all, pity the benighted folk who leave home to have a good time in the summer.

Nervous Women Need More Sleep.

How long a woman should sleep each night depends upon the kind of work she does, and upon temperament. If she is nervous more rest and sleep are required than for one of a phlegmatic nature, according to a physician who has specialized along these lines.

"The number of hours of sleep a woman or man gets is usually a habit governed by their mode of living," she says, "and for this reason one can easily regulate the time to have sufficient rest.

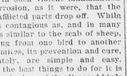
"The accepted time for slep is eight hours, and for the average individual this is enough, but if less is needed, then the extra time can be spent in some profitable way, while if nine or ten hours are required they should be taken, even if the necessity has to be cut short. For a woman who does not get enough sleep is not only never a success in business, but is irritable in her home and undoubtedly a most unattractive companion down and nervous prostration, either of which is bound to follow in time.

"The amount of sleep needed depends largely upon the work done during the day. If it is mental more rest should be had for with the physical labor the body may be more relaxed, but the nervous much more quickly than the brain. A woman who is nervous needs from two to three hours more each night than one who is not, especially if her business keeps her working at night. Such tenseness as nervousness ever get enough sleep, for it seems almost impossible for them to stay quiet a sufficient length of time to be properly rested.

"On the other hand, there are a few women who get more sleep than they really need, and as a result are apt to be stupid and indolent, taking no interest in their work or social life, but dragging out an existence that seems a burden to them, and all because they rest so long that they get digestion grow defective from lack of proper care and the absence of the right kind of exercise.

Give All Foods Hot.

The temperature of the body in the old is lower than in the middle of the night. This low ebb is a symptom of lessened vitality. But when it has been produced it works mischief. This low ebb is the worm of the world. Get a clinical thermometer and see the temperature in the arm pit. If it is below ninety-seven degrees do all in your power to raise the temperature of the body one and a half degrees, and to keep it raised. Hot water bottles to the feet and warm blankets rolled round the body when in bed are of service. Don't weight the bed with clothes, but make it warm. Give warm foods hot. Warm milk is excellent. An old-fashioned bowl of bread and milk while quite sheltered from the draft, says an exchange on health. Keep the feet warm, for cold feet are the chance of keeping them alive. Gentle massage is excellent for the aged. Always rub from extremities toward the trunk. A ball of warm flannel makes an excellent rubbing medium.



WOMAN'S REALM

Shampooing Children's Hair.

Once a month is considered often enough for shampooing a child's hair, and then it should be thoroughly done. Do not use borax or ammonia as they are destructive in their effects upon the hair, although very cleansing.

To Produce Sleep.

A sudden and startling awakening in the night, apparently due to no particular cause, often leaves the sufferer so wide awake that sleep afterward is almost impossible. In such a case an excellent remedy is to take 100 gms of cold water very slowly.

Her Costume.

The Toledo Blade tells this story: She was a plump figure and was dressed extremely decollete as she sang at the concert that beautiful little song, "I'm Wearin' Awa'." An old lady who had been invited was heard to remark: "Well, if she's wearing away, that's about all she is wearing."

Notes on Headwear.

A wonderful use of buckles has been revived for hats—buckles plain and fancy, of every description, even with richly colored stones. A straw of coarse braid is entirely covered with a veil of the same braid, and then a Scotch ribbons so popular in Paris this winter. Right in front was an oddly shaped buckle, encrusted with stones like miniature editions of the sun in a peacock's tail.

Feminine Authors "Best Sellers."

Merely as a matter of statistics, without attempts to draw any deductions, Miss Brookman has discovered that of the twenty-nine books which have appeared in its list of best selling books during the year 1905, thirteen were written by men, eleven by women, three were collaborations of married couples who worked together, and one was a collaboration of three women.

A Chance For the Girls.

There are a great many women who are making a great success of poultry raising. The writer has in mind two ladies living near him who are in partnership in the poultry business, and by the way they're getting rich rapidly. One is the neighborhood of $1000 a year each. Of course they understand the poultry business thoroughly, and are very shrewd judging from a business standpoint, and are exceptions in their line; but nevertheless they have proven that some women can make big money with hens. Now if the girls on the farm would only take their way clear for them to go into the poultry as their own there is no doubt whatever but what the annual productivity of them would be poultry keeping a most profitable as well as independent vocation.—New York Tribune.

Wise Girl.

Now, there was a certain girl, and she had three wooers. The first wooer said she was the world wide to him. She answered, frowned upon his suit. The second wooer said she was the sun, moon and stars to him, but she bade him be on his way.

"To me," said the third, "you are a young woman of agreeable manners, with eyes that might be a little bluer, with a nose that is a trifle pudgy, and with a few freckles, and an annoying habit of blurting out your thoughts."

She married the third wooer. Being pressed for an explanation of her conduct, she said:

"My goodness! I think I was sensible. I married the only one that had courage enough to tell me of my faults before marriage, instead of keeping them to myself them up to me afterward."—Life.

The Face as an Index.

Deep wrinkles and lines, flabby cheeks, sallowness of face, and dull deep, sunken black lines under the eyes are conditions which at the early age of twenty-five we do not only to ill health. In such a case internal treatment is needed, and occupation and diet and exercise are all to be considered. The cause may be anything, indigestion an imperfect circulation. Girls of twenty-one do not look "old and worn out" if they are in good health. With regard to the hair of such a young girl, an excessive fall may result in nervousness, or in debilitated action of the system. In that case rub the following lotion well into the roots of the hair every night: Sulphate of quinine, twelve grains; vinegar of cantharides, one drachm; glycerin, two drachms; spirits of rosemary, two ounces; rosewater, seven ounces.

Have You a Back Porch?

When a woman has the artistic sense and a little money becomes possessor of a back porch she can work wonders of beauty and comfort.

Such a maiden has converted a plain porch into a cozy nook and can lend long into a delightful little home. Immediately after the soft cushions by the dozen. Frames for prints were made out of birch bark, and these hung sizzag over the wall add greatly to the effect.

Three rustic chairs are fitted into nooks against the railing and a few Japanese parasols hang from the ceiling. It is an ideal place to watch the moon, talk nonsense, imbibe cool drinks, and, best of all, pity the benighted folk who leave home to have a good time in the summer.

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